



**USATF Region 10 TRACK AND FIELD
CHAMPIONSHIPS**
Arizona, Border, Colorado, New Mexico
TECHNICAL MANUAL

(7/6/24)

Format

USATF Region 10 Junior Olympic Championship events shall be conducted in a four-day format. Competition and meet conduct shall follow the rules outlined in the USATF Track and Field Rule Book and USATF Region 10 Junior Olympic Championship Technical Manual.

Meet Management

Region 10 Coordinator	James Smith	(602) 319-2523
Meet Director	Don Sinclair	(775) 846-7545
Running Referee	Don Sinclair	(775) 846-7545
Field Referee/CE Referee	Marty Johnson	(719) 209-1892
Officials Coordinator	Jim Breglio	(719) 337-3866
Safe Sport Coordinator	Liz Shepard	(720) 448-3495
Volunteer Coordinator	Lindsay Minter	(303) 521-0467

Officials

- USATF Colorado shall appoint three (3) Meet Referees, Head and Assistant Starters as well as all applicable Track and Field Officials/helpers required for the Championships. Officials from all the states are welcome to apply.

Facilities

Cherokee Trail High School
Legacy Field
25901 E Arapahoe Rd, Aurora, CO 80016

- No food or drink on the field or field of play, except water.
- Officials are exempt from this restriction.

US Air Force Academy
USAF Academy Track and Field Facility
Air Force Academy, CO

- Hammer and Steeplechase Showcase.
- No food or drink on the field or field of play, except water.
- Officials are exempt from this restriction.

Fairfield Inn Conference Room
24192 East Prospect Avenue Aurora, Colorado 80016



Region 10 Championships 2024

Important Dates

Entry Timeline

- Entries will close July 3, 2024, at midnight
- Athletic.net Registration link: [Athletic.net Registration](#) (Right click then select open hyperlink)
- **NO LATE ENTRIES WILL BE ACCEPTED**

Coaches Meeting

- Friday July 12th at 6:00 pm to 7:30 pm
- Fairfield Inn Conference Room
 - 24192 East Prospect Avenue Aurora, Colorado 80016

Packet Pick-up

- Fairfield Inn Conference Room
 - 24192 East Prospect Avenue Aurora, Colorado 80016
- Coaches and unattached athletes will be able to pick up their competition packets at the packet pick-up area. Meet Management will not be held accountable for individuals missing an event due to a late packet pick-up or any other reason.

	Time	Location
Thursday	7:30am - 11:00am	Legacy Stadium, West Gate
Friday	7:30am - 12:30pm	Legacy Stadium, West Gate
	4:00pm - 6:00pm	Fairfield Inn, Conference Room
Saturday	8:00am - 3:00pm	Legacy Stadium, West Gate
Sunday	8:00am - 3:00pm	Legacy Stadium, West Gate

- Packets will include:
 - Bibs for each athlete on the team.
 - A QR code sheet with the QR code for the Schedule, Site Map, Technical Manual, Live Results.

Competition Information

General

The Junior Olympic program is a progression series of meets consisting of Association, Region and National Championship meets. Athletes are required to enter online beginning at the association level of competition. Advancement is based upon performance (i.e., an athlete cannot directly submit an entry form for the Region competition; they must have competed and advanced at the Association level). In some events athletes are required to meet certain eligibility requirements to compete.

Entry Fees

- Individual Events - \$13.00
- Relays - \$52.00
- Combined Events, pentathlon, triathlon - \$21.00
- Combined Events decathlon, heptathlon - \$26.00

Eligibility requirements

- Only U.S. Citizens, aliens and foreign exchange students living in the United States are eligible to compete in these championships. Refer to the USATF Rules of Competition for further information by visiting: [USATF Rules of Competition](#) (Right click then select open hyperlink)
- A competitor must compete in their correct age division only. There will be no “moving up” allowed in any events, including relays.

Age Divisions

Age Divisions	Birth Year
* 8 & Under years old	2016+
9-10 years old	2014-2015
11-12 years old	2012-2013
13-14 years old	2010-2011
15-16 years old	2008-2009
** 17-18 years old	2006-2007
* Per USATF Rule, Article VI, Section I, Rule 300.1 (c), "Athletes must be at least seven (7) years of age on December 31st of the current year to compete at the Youth Athletics or Junior Olympic National Championships" .	
** Per USATF Rule, Article VI, Section 1, Rule 300.1 (d), "Athletes who are still eighteen (18) years of age through the final day of the National Junior Olympic Track and Field Championships shall be eligible to compete in the 17-18 year old division through that meet." The last day of the competition is July 28, 2024	

- All athletes must be a 2024 member of USATF in good standing. USATF membership can be purchased online at [USATF Membership](#). (Right click then select open hyperlink)
- All clubs must have a valid 2024 USATF membership.
- All relay team members must be members of the same 2024 registered USATF club and athletes must wear jerseys and shorts of the same color.

Qualifying from Association Championship to Region 10 Championship

Per USATF Rule 306.1(d), “An Association is allocated, by agreement with other associations in its region, a certain number of athletes and relay teams from the Association level to the Region level through the Association Championships”

- In Region 10, this is the top four (4) finishers (by age group/gender) in the track and field and relay events shall advance from the Association meet into the Region 10 Championships in each event.
- The combined events shall advance the top two (2) finishers (by age group/gender) plus any other athletes that meet the published 2024 qualifying standards.
- Any athlete that qualifies for the Region 10 Championship but decides not to compete should notify the Meet Director.
- Qualifying Standard Link: [Qualifying Standards](#) (Right click then select open hyperlink)

Qualifying from Regional Championship to National Championship

- The top five (5) finishers (by age group/gender) in the track and field and relay events shall advance from the Region 10 meet into the National Championships in each event.
- The combined events shall advance the top two (2) finishers (by age group/gender) plus any other athletes that meet the published 2024 qualifying standards.
- Any athlete that qualifies for the National Championship but decides not to compete should notify the Meet Director.
- Qualifying Standard Link: [Qualifying Standards](#) (Right click then select open hyperlink)

Competition Schedule

- The 2024 USATF Region 10 Junior Olympics Championships schedule is subject to modification until July 5th.
- Competition schedule link: [Region10 Schedule](#) (Right click then select open hyperlink)

Hammer Throw and Steeplechase

- **These events will not be contested at the Region 10 Championship.**
- **Advancement to the National meet requires athletes to sign up and pay for the Hammer or Steeplechase at the Region 10 Championship. Athletes will be advanced from that meet.**

Steeplechase and Hammer Showcase Meet

- This will be an opportunity for the athletes to compete in the Steeplechase and Hammer on Friday the 12th at the Air Force Academy outdoor track.
- **This meet will not move any athlete to the National Championship.**
- Hammer warmup will start at 6:00 pm.
- Steeplechase will start at 6:00 pm
- 4 throws per athlete.
- Hand time for the Steeplechase.

Security and Field Access

Field Access and Competition Area

- The area includes any part of the field inside the fence surrounding the track. This includes green space on the north end and south end.
- For throwing events, the USATF Event Head (or designee) or security service will determine the limits of the zone. Generally, the competition area would include any area immediately around the venue where the athletes are competing.
- To have access to the Competition Area you must be SafeSport Three Step Compliant or have signed a waiver. Officials must display their blue wrist band. Three Step Compliant Coaches will be given and must display a green wrist Band and Volunteers who have gone through the waiver process will be given and must display a red wrist band.
- There will be three points of Field Access (see map on page 3) at the Northwest end by the baseball diamonds (track athlete access), and at the north and south ends of the west stands. There will be no access to the field from the west grandstands.
- The following will have field access for the following purposes:
 - Officials (Blue wrist band) to officiate and put on the meet
 - Volunteers (Red wrist band) to assist in putting on the meet
 - Coaches (Green wrist band) to assist their athletes. Once marks are set coaches will be asked to leave the competition area. Coaches may:
 - Set marks for PV and HJ for all athletes
 - Set marks for Long Jump for 8&U and 9-10 athletes
 - Set blocks for 8&U and 9-10 athletes
 - Photographers must display their Press Credentials.
- Security will check wrist bands and Press Credentials to provide Field Access Safe Sport Waiver link: [Safe Sport Waiver](#) (Right click then select open hyperlink)
- Safe Sport Website: [Safe Sport](#) (Right click then select open hyperlink)

Coaches Box

- Coaches' Box for the Pole Vault is located on the north end of the field between the Pole Vault venue and lane 1. The area will be cordoned off with flags.
 - Video is not allowed at the PV venue or in the coach's box
- Coaches' box for the Long Jump is located in the grandstands on the east side of the of the field.
 - Athletes and coaches are not allowed to cross the track (except as noted below in "Field Access").
- Coaches' box for the High Jump is located at the south end of the stadium outside of lane 9.
 - Athletes and coaches are not allowed to cross the track (except as noted below in "Field Access").

Protest

- A protest relating to matters that develop during the conduct of the competition must be made to the Event Head or Field or Running Referee at once and no later than 30 minutes after the result is posted (online or announced).
- This time period will be strictly enforced.
- There will be a \$50 Cash submission fee required to file a protest. The fee is paid to the appropriate Referee. This fee will be refunded only if the protest is upheld.
- Only violations of the 2024 USATF Rules of Competition may be protested.
- Judgment calls made by the meet officials cannot be protested.
- No video or photos from coaches, spectators or photographers will be considered as evidence.

Volunteers

- Check in at the Main Gate.
- Each volunteer will receive a T-shirt and lunch.
- Volunteers are required to sign a safe sport waiver and show a driver's license.
- Volunteer signup link: **Link:** [Volunteer Signup](#) (Right click then select open hyperlink)

Athletes

Gender/Age order for all events

- Girls will compete first in each event. Exceptions will be listed on the official schedule.
- Track events will be oldest to youngest.
- Field events will be youngest to oldest.
- Vertical Jump athletes reporting late - After competition starts – allowed to enter the competition but must enter at current position/height (detailed info below) See Rule 180.10.a

Competition Check-In / Report Times

Running Events

- Athletes will check-in at the shed located at the Northwest corner of the stadium. Access to that location is from the gate in the Northwest corner of the field (next to the Baseball field). **There is no access to the field from any other area**
- Athletes may **check in** with the Clerk of the Course at any time, but no later than 30 minutes before the scheduled start time of their event.
- Athletes must **report** back to the Clerk's tent no later than 20 minutes before the scheduled start time for instructions and to be escorted to the start line.
- Combined Event athletes may check in at the finish line no later than 30 minutes before the first event.
- Bibs and spikes will be checked at the Check-in shed.
- The staging area (tent) will be located on the Northwest corner of the infield
- Athletes will be escorted at age/gender to the start line by a Clerk.

Field Events

- Athletes will check-in at the field event when their age group/gender is called by the announcer.
- Bibs and spikes will be checked at the event venue.
- Horizontal and throw athletes must be checked-in for preliminary attempts before all preliminary attempts are completed for their age group/gender. Rule 180.10 and 302.5(q)
 - Failure to report before the preliminary attempts are completed will result in forfeiture of all remaining attempts.
- Horizontal and throw athletes must check-in for final attempts (if they are in the top 9 marks) at the venue and after the preliminary attempts are completed. Rule 180.10 and 302.5 (q)
 - Failure to report before the final attempts are completed will result in forfeiture of all remaining attempts.
- Pole Vault and High Jump athletes should check-in before the competition begins. A late check-in will not receive any warmup time and will enter the competition at the current height.

Awards

- A Gold, Silver or Bronze medal will be awarded to the top 3 athletes in every event (age group/gender)
- The places 4th to 6th will receive a ribbon.
- After the completion of the event, awards will be available at the awards table located in the southwest corner of the grandstand (near the front entrance).
- Awards must be picked up by the end of the meet on Sunday.

Facilities/Equipment

Nine Lane Tracks

- Turn races that start and finish in lanes (200m, 400m, 400mH, 4x100) shall not utilize lane 1 for preliminary rounds. All lanes (1-9) shall be utilized for the final round of competition. Straight races (100m, 80m Hurdles, 100m/110m Hurdles) and all races greater than 400m shall utilize all lanes for preliminary and final round competition.

Preferred/Vacant Lanes

- Meet Management shall identify the preferred lanes for turn and straight races. In preliminary rounds, when the number of competitors in each heat is less than the number of lanes, competitors shall be randomly assigned to the best lanes, thereby keeping vacant lanes to the outsides.

Track and Field Events – Direction and Staggers

- The direction of running for the 100m, 200m, 80m Hurdles, 100m/110m Hurdles, LJ/TJ (two north pits, 1 south pit), and PV shall be determined by the Referees no later than one- and one-half hours before the scheduled time for meet start time.
- The 800m will run from a one turn stagger.
- The 4x800m relay will run from a one-turn stagger. Rules 302.2(i) and 303.1(c)
- The 4x400 relay shall be run with a three-turn stagger. Rule 302.2(i)

Wind Gauges

- Reliable and calibrated wind gauges shall be used to determine wind velocity for 100m, 200m, 100m, 80m Hurdles, 110m Hurdles, long and triple jumps.

Calibration of Measuring Devices

- All equipment used for weighing and measuring implements, measuring wind, and measuring performance must be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer.

Spikes

- A maximum of ¼ inch spike length may be used for all events except for the High Jump and Javelin. Participants in the High Jump and Javelin may use spikes up to 3/8 inch in length.
- **PYRAMID SPIKES ONLY. NO NEEDLE OR CHRISTMAS TREE SPIKES ARE PERMITTED.**

Implements

- Personal implements in the throwing events are allowed.
- Athletes competing in the hammer will be allowed to bring and check-in up to two implements for their competition.

- Implements will be Verified at the venues.
- All implements must be weighed in on the day of the event when they are used. Please have your implements weighed 1 hour before the start of the event.
- Implement weigh-in will be behind (East) the east grandstands.
- Implement check in is behind the east stadium from 7:30 am to 8:30 am.

Pole Vault

- Refer to USATF Rule 302.5 (n). All competitors must provide their own vaulting poles.
- Participants in the Pole Vault competition will be weighed in and poles inspected at the pole vault venue prior to warm-ups. Check-in may be completed early if an official is available.

Electronics

- Athletes cannot review any video of themselves inside the competition area (i.e., in the coaches' box or in the stands during the competition).
- No electronic, headphones, phones, earbuds, i-pads etc., in the competition area (on the field or in the field of play)
- Any violators will be warned and if there is a second violation the Referee may disqualify the athlete from further competition.

RUNNING EVENTS

Preliminary Heats Seeding

- Athletes, ranked in descending order by qualifying time, are assigned to heats by the serpentine method. Rule 160.2(d)iii
- Lanes will be drawn by lot (unless the meet information provides otherwise). Rule 160.2(f)i
- Heat order is drawn by lot. Rule 160.2(d)vi

Final Seeding

- Athletes are again ranked. Automatic qualifiers (top three from each preliminary heat) are ranked based on place in their heat and then their time. Additional qualifiers are then ranked based on their time. Rule 166.2(d)ii
- Lane assignments are determined by three draws by lot
 - For straight races (no turns) - Rule 166.2(f)i.b(1)
 - The four highest ranked are drawn for lanes 3,4,5, and 6
 - The fifth and sixth are drawn for lanes 2 and 7
 - The lowest ranked are drawn for the remaining lanes
 - For the 200m - Rule 166.2(f)i.b(2)
 - The three highest ranked are drawn for lanes 5,6, and 7
 - The fourth, fifth, and sixth are drawn for lanes 3,4, and 8
 - The lowest ranked are drawn for the remaining lanes
 - For the 400m and relays started in lanes - Rule 166.2(f)i.b(3)
 - The four highest ranked are drawn for lanes 4,5, 6, and 7
 - The fifth and sixth are drawn for lanes 3 and 8
 - The lowest ranked are drawn for the remaining lanes

Finals

- Any running event that has two preliminary races shall also have a final.
- Any running event with 9 or less competitors shall be a timed final. (USATF 302.2(b))
- The top three (3) finishers in each heat shall advance automatically and the remainder will advance based on time. Eight (8) go to finals in the running events. Lane 9 is reserved for tied athletes. (USATF 303.1.(i))
- When a competitor has qualified for the Final and is unable to compete, another competitor shall **not** replace them.

First Round: 80m, 100m, 200m, 400m, 100m/110m Hurdles, 400m Hurdles

- Heats shall be as evenly numbered as possible.
- Using a descending order list (fastest to slowest).

800m

- Heats shall be as evenly numbered as possible.
- Using a descending order list (fastest to slowest), place entries into heats using the serpentine method (left to right then right to left).
- Heat Order and Lane Assignment shall be drawn at random.
- The 800m shall be contested using a one turn stagger at the start.
- **Qualifying – Final**
 - There are **no** semi-finals. First-round races are a timed Final.

1500m

- The race shall be run as a timed Final.
- Heat order and assignment of position on a waterfall start shall be drawn at random.

4x100m Relay

- There are no preliminary 4x100 relays. All races on Saturday are a timed final.
- Relay races shall be seeded using entry times and the pre-determined lane preference.
- Teams in each section shall be seeded into lanes based on entry times and designated lane preference.
- The 4x400m relay shall utilize a three-turn stagger at the start.

4x400m Relay

- There will be a preliminary race of the 13-14 Girls and Boys on Saturday.
- All age group/genders will run a final on Sunday per the schedule.
- Relay races shall be seeded using entry times and the pre-determined lane preference.
- Teams in each section shall be seeded into lanes based on entry times and designated lane preference.
- The 4x400m relay shall utilize a three-turn stagger at the start.

FIELD EVENTS

Horizontal Jumps, Throws

- If the number of entries necessitates flights, they should be as even in number as possible.
 - Athletes will **check in** at the event venue when the first call is announced.
 - The order of competition within each flight or competition shall be by entry performance. Any athlete without a performance mark will be added to the beginning of the flight or event sheet.
 - Check in is by event.
 - Athletes must check-in before the preliminary attempts are complete.
 - If the athlete checks-in after the preliminary attempts have started that athlete will forfeit any attempts missed before the athlete checked-in Rule 180.10 and Rule 302.5(q)
 - The order of competition within each flight shall be by entry performance.
 - Any athlete without a performance mark will be added to the beginning of the flight.
 - Athletes will have three (3) attempts in preliminary rounds and if they are in the top 8 preliminary attempts they will have 3 attempts in final rounds.
 - All six (6) marks will be used to determine scoring
 - The top 8 competitors per age group/gender shall advance to the Final and compete in inverse order of their preliminary mark with the best qualifier competing last. If there are 8 or less athletes a valid attempt is required to move to finals.
 - Athletes that are in multiple events will inform the field event Flight Coordinator of all conflicting events.
 - If a field event combines age/gender groups, the combined group is considered one flight or competition for warm up purposes.
 - Warm Up for Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin: These events shall utilize a twenty (30) minute flight-specific warm up. Warm up should conclude five minutes before the scheduled start time to ready the venue and for final instructions.
 - Athletes may not cross the track or leave the venue during competition.
 - There are no courtesy marks.
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- **Absence from Competition**
 - The athlete must check out and check in with the Flight Coordinator. When a competitor is excused to participate in another event the competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all final attempts if excused during the finals. Rule 180.10 and Rule 302.5(q)
 - Failure to return within the preliminaries or finals shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event. USATF 302.5.q.

High Jump and Pole Vault

- If the number of entries necessitates flights, they should be as even in number as possible.
- Athletes will **check in** at the event venue when the first call is announced.
- The order of competition within each flight or competition shall be by entry performance. Any athlete without a performance mark will be added to the beginning of the flight or event sheet.
- Bar progressions will be set by USATF 302.5 (o).
- Vertical event Bar Progressions are listed below. Bar progression for HJ is 5cm and PV is 15cm
- PV coaches' box will be located on the inside of the track on the North side of the pole vault runway.
- HJ coaches' box will be located outside of the track on the South side of the track.
- Pole vaulters may check in well before the scheduled start time at the venue.
- Athletes may not cross the track or leave the venue during competition.

Absence from Competition

The athlete must check out and check in with the Flight Coordinator. The athlete has 10 minutes from the time they are excused to return to the event. Once the time has expired and the athlete has not returned at the bar height when excused, the bar will be raised, and the athlete will be passed to the next height. When the athlete returns, they will have the number of remaining attempts they had when they were excused. Athletes can be taken out of jumping order. Once the competition has finished (a winner is declared) the athlete will not be allowed any further jumps

- **HIGH JUMP - Open**

- Each age group/gender will be contested separately, on a rolling schedule, starting with Boys on Saturday, July 13 and Girls on Sunday, July 14. The first competition each day begins at 8:30am. Each competition will have their own warmup period based on the number of entries. The warmups for the second competition will begin upon completion of the first competition and so on. The order of the competitions and the starting heights with 5 cm increments are as follows:

Saturday July 13:

B 9-10 starting height 0.91m (2' 11 3/4")

B 11-12 starting height 1.10m (3' 7 1/4")

B 13-14 starting height 1.33m (4' 4 1/4")

B 15-16 starting height 1.40m (4' 7")

B 17-18 starting height 1.59m (5' 2 1/2")

Sunday July 14:

G 9-10 starting height 0.88m (2' 10 1/2")

G 11-12 starting height 1.07m (3' 6")

G 13-14 starting height 1.20m (3' 11 1/2")

G 15-16 starting height 1.25m (4' 1 1/4")

G 17-18 starting height 1.35m (4' 5")

- Athletes reporting late - After competition starts – allowed to enter the competition but must enter at current position/height. See Rule 180.10.a

Pole Vault – Open

- The Region 10 Junior Olympic Championships will have 6 pole vault competitions. Each age group/gender will be contested separately, on a rolling schedule, starting with Girls 13-14 at 8:30 am (warm-ups start at approximately 7:45am).
- Each competition will have their own warm-up period based on the number of entries. The warm-ups for the second competition will begin upon completion of the first competition and so on. The order of the competitions and the starting heights with 15 cm increments are as follows:

G 13-14 starting height 1.75m (5' 8 3/4")

G 15-16 starting height 1.85m (6' 3/4")

G 17-18 starting height 2.28m (7' 5 3/4")

B 13-14 starting height 2.10m (6' 10 3/4")

B 15-16 starting height 3.15m (10' 4")

B 17-18 starting height 3.50m (11' 5 3/4")

- All athletes will be weighed, including their shoes. Poles will be measured and inspected for the manufacturer's weight rating label that is a minimum of 3/4 inches, either on or above the top hand hold position determined by the manufacturer. Weight labels must be readable. An altered (cut) pole renders the pole illegal. Taping must be uniform.
- Athletes reporting late - After competition starts – allowed to enter the competition but must enter at current position/height. See Rule 180.10.a

COMBINED EVENTS

General

- There will be a minimum of 30 minutes between each event.
- For High Jump the Field Referee will determine which of three CE progression charts to use. Height progression will be 3 cm.

Running Events

- The number of competitors in the heats of running events should be as even as possible.
- When possible, no fewer than three (3) competitors should start any section.
- Heats of the 100m, 400m and 110HH (Dec) and 100mH and 200m (Hep) shall be seeded by seasonal best mark. If **no current season** mark is available, competitors shall be seeded with NM.
- The order of the heats and assignment of lanes shall be random.
- 110mHH and 100mH will utilize alternate lanes (2-4-6-8) depending on the facility. Hurdles shall be placed in **all** lanes.
- Start position in the 800m (Hep) and 1500m (Dec) shall be assigned randomly. Hip numbers shall reflect the competitors placing in the overall competition going into the final event. These assigned numbers shall also be placed on the left chest and center back.
- When possible and practical, all competitors in the 800m and 1500m should run in one section. The 1500m shall start from a waterfall, while the 800m may utilize lanes **or** alleys, depending on the number of competitors. If more than one heat is required, competitors shall be grouped according to their **overall placing**. Highest ranked competitors by total score before the final event shall compete in the final section.

Field Events - Long Jump, Shot Put, Javelin, Discus

- Age groups within an event (i.e. Pentathlon, Heptathlon etc.) would compete as a combined event. Each age group would be scored separately.
- There will be a minimum of 30 minutes between events.
 - Warm-ups will be during that time.
- Failure to start any event will eliminate the athlete from the Combined Event competition.
- Athletes will have three (3) attempts.
- There are no courtesy marks.

High Jump

- Age groups within an event i.e. Pentathlon, Heptathlon etc.) would compete as a combined event. Each age group would be scored separately.
- There will be a minimum of 30 minutes between events.
 - Warm-ups will be during that time.
- Failure to start any event will eliminate the athlete from the Combined Event competition.

Pole Vault

- 15-16 age group and 17-18 age group would compete as a combined event. Each age group would be scored separately.
- The Field Referee will determine the starting height after polling all the athletes. Height progression will be 15cm.
- All athletes will be weighed, including their shoes. Poles will be measured and inspected for the manufacturers weight rating label that is a minimum of $\frac{3}{4}$ inches, either on or above the top hand hold position determined by the manufacturer. Weight labels must be readable. An altered (cut) pole renders the pole illegal. Taping must be uniform.
- Weigh-ins and pole inspections shall be completed well before the first event on day 2. If this is not completed before hand, athletes will have to complete this process during their warm-up period.
- Approximate times for the Decathlon - Pole Vault. Pole Vault will be ~ 30 min after the Decathlon – Discus
 - Warm-ups ~10:35 am
 - Warm-ups end ~11:05 am
 - Competition starts at ~11:10am